



Welcome to September!

The vibrancy and wisdom of our residents at Sterling Estates East Cobb are inspiring. Aging is about continuing to live life to the fullest and that's our main goal here at Sterling Estates East Cobb!

Healthy aging involves caring for ourselves by nurturing our bodies, engaging our minds, and strengthening our connections. These ideas can serve as a friendly reminder of habits that contribute to a long and happy life.

For the body: Stay active and well-nourished

- **Keep moving:** Regular physical activity is beneficial for health. Walking, swimming and attending exercise classes here are on our residents' agendas.
- **Choose healthy foods:** A healthy diet can lower the risk of chronic conditions and our chef provides a selection of delicious and healthy foods to choose from on our weekly menu!
- **Prioritize rest:** A good night's sleep is vital for everyone's physical and mental health!

For the mind: Embrace curiosity and lifelong learning

- **Stay mentally engaged:** Challenging the brain with new activities keeps the mind sharp. Attending our brain games sessions, joining our book club, and playing games like Backgammon or Rummikub help keep our residents engaged!
- **Manage stress:** Practicing stress-reducing techniques like walking with our walking club, deep breathing techniques and meditation, and attending our spiritual group events all help to lower stress.

For the spirit: Nurture social connections

- **Stay connected:** Social isolation and loneliness are serious health risks. So many of our residents have become great friends and are happy to see each other every day!

Our journey of aging is taken together as a community at Sterling Estates East Cobb! We are one big family and we continue to support one another in efforts to live long, healthy, and fulfilling lives.

With Warm Regards,

Katherine Smith

Life Enrichment Director

Sterling Estates of East Cobb

10 Myths About Retirement Community Living

Explore the most common hesitations seniors have about retirement community living, and why these concerns may not reflect reality. Along the way, we'll highlight features of independent living and share what makes senior living communities both supportive and empowering.



Discover These Retirement Community Myths

Upcoming Events

This September, we have some fabulous outings and events! We had so many residents that wanted to see the play “The Producers” that **we are taking two bus trips to the Sandy Springs Performing Arts Center**. In addition, this month, we had a huge response to travel to Madison, Georgia, where **we are going on a safari! At the Georgia Safari Conservation Park**, we’ll have an animal encounter, then hop on board a safari bus and explore the “savanna” of Georgia, where we’ll see giraffes and zebras, and many other animals in a natural habitat similar to what can be seen in Africa!

In October, we are looking forward to our **Fall Festival** with bluegrass music and great food, **football Saturdays** on the big screen, **traveling to the Atlanta Botanical Gardens** to see fall

flowers and the exhibit “Scarecrows in the Garden,” and we’ll have a fun **costume party at Halloween—a Monster Mash!** In addition, we’re taking an **overnight trip to Highlands, North Carolina, to do a little fall leaf peeping!**

At Sterling Estates East Cobb, our residents are active and engaged and fun outings and events are always in the planning!

Come Visit Us

Fresh Tips for Healthy Aging in 2025

Ready to redefine your next chapter? These tips with useful links blend physical, mental, social, and financial wellness to guide your wellness journey.



10 TIPS *for Healthy Aging*

- 1 Add Play to Your Day
- 2 Embrace Microadventures
- 3 Get That Annual Physical
- 4 Be a Lifelong Learner
- 5 Cultivate “Weak Ties”
- 6 Reset Your Relationship with Technology
- 7 Cook One New Healthy Recipe a Week
- 8 Reconnect with Purpose
- 9 Financial Fitness Checkup
- 10 Start a “What’s Next” Journal

This is your fresh start!

Source: healthyaging.net

Get More Healthy Aging Tips



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